

# CONNECTION

The Quarterly Newsletter of the Anglican Parish of Central Saanich

Number 31



## St. Mary Church

1973 Cultra Avenue,  
Saanichton, BC V8M 1L7

### Worship Services

#### Sundays

9:00 am Choral Eucharist & Sunday School

#### Second Sunday

7:00 pm Evening Prayer in the style of Taizé  
(January - June)

#### Wednesdays

10:00 am Holy Eucharist  
10:30 am Friendship Coffee  
11:00 am Bible Study  
(no Bible Study July & August)

Office: 250-652-1611 Hall: 250-652-7942  
Email: [stmarys.saanichton@shaw.ca](mailto:stmarys.saanichton@shaw.ca)  
Web: [www.ParishCS.ca](http://www.ParishCS.ca)



## St. Stephen Church

7921 St. Stephen Road,  
Saanichton, BC V8M 2C3

### Worship Services

#### Sundays

11:00 am Holy Eucharist  
and Church (Sunday) School

#### Fourth Sunday

11:00 am Praise & Worship  
in the Hall

#### Tuesdays

11:00 am Prayer Group

Office: 250-652-4311  
Email: [St.Stephens.Church@outlook.com](mailto:St.Stephens.Church@outlook.com)  
Web: [www.ParishCS.ca](http://www.ParishCS.ca)



## June 2019

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**Pastor:** Rev. Lon Towstego

**Assistant:** The Rev. Dr. Brett Cane



[www.ParishCS.ca](http://www.ParishCS.ca)

Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

# Dates to Note

Our Parish website – [www.ParishCS.ca](http://www.ParishCS.ca) – is the best place to keep in touch with what is going on, but here are significant dates to note for the next three months.

- **June 1st:** Brentwood Bay Parade – Parish float participating.

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- **June 1st:** Haro Regional Conference at Holy Trinity, North Saanich.

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- **June 9th:** Taizé-style contemplative service at St. Mary at 7:00 pm.

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- **June 29th:** Parish Potluck Dinner (Picnic Theme) at St. Stephen at 5:00 pm.

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- **July 1st:** Sidney Bay Parade – Parish float participating.

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- **July 10th to 16th:** General Synod of the Anglican Church of Canada in Vancouver.

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- **July 22nd to 26th:** Summer Day Camp at St. Stephen from 10:00 am to 3:00 pm.

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- **July 28th:** Summer Day Camp wrap-up.  
Combined service at St. Mary at 10:00 am.

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- **August 10th:** Peninsula Winefest at St. Stephen from 1:00 pm to 4:00 pm.

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- **August 11th:** Blessing of the Animals Service at St. Stephen at 2:00 pm.

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**Day Camp**  
at St. Stephen's  
7921 St Stephen Rd, Saanichton  
22-26 July 10:00am to 3:00pm



**LUKE STREET**

**Bible stories, games, crafts, and more ages 4-12**  
Registration fee: \$20 \$25 for 2  
\$30 for 3 or more in same family

For more info or to register, contact  
Dave 250-469-1422, or [central.saanich.youth@shaw.ca](mailto:central.saanich.youth@shaw.ca)  
Campers should bring a lunch, water bottle, hat, and sunscreen.  
Offered in collaboration with Crosstalk Ministries

**Peninsula Wine Fest**



• A wine tasting event set on the beautiful grounds of St. Stephen Church  
• Enjoy appetizers, live music, a silent auction and a vintage car display

**Tickets**

Advance: \$45/\$40 Seniors & Students  
At the door: \$50

**August 10, 2019**  
1:00 pm to 4:00 pm  
**St. Stephen Church**  
7921 St. Stephen Rd, Saanichton

Information & Tickets:  
[www.ParishCS.ca](http://www.ParishCS.ca)  
250-652-1611

- An adult only event and please, no pets
- Non-alcoholic beverages also available
- This fundraiser will support programs offered by the following community organizations: Saanich Peninsula Hospital, Mount Newton Centre Society and the ORCCA Dental Clinic Society

**Sponsor Churches**

- Anglican Parish of Central Saanich, St. Mary & St. Stephen
- St. Andrew Anglican Church
- Saanich Peninsula Parish, St. Elizabeth's & Our Lady of the Assumption



**G**reetings! I will offer a few comments of some significant things that I have been up to in the last month or so.

### **Advisory Committee on Postulants for Ordination (ACPO Weekend)**

This event was held at Sorrento Anglican Church Camp. By the way, if you ever travel in that area, do plan to stop for a visit.

The purpose of the weekend was to be one of several assessors who interview, meet with and pray with people who have felt called by God to ordained priestly ministry. This piece of ministry with the larger National and Provincial, Anglican church has local consequences. Every priest that you have or will encounter has, at one time or another, been to an ACPO Weekend. It is part of our formation and part of who our churches are.

I want to say that the quality and calibre of people that I met assure me of the future for our church both with ordained people and with theologically educated lay people. Please keep all postulants and their families in your prayers. God is good, all the time! Amen.

### **Doctor of Ministry Studies**

I assure you that I do not study in order to be allowed to put Dr. in my title. You can always call me Lon! I study because the course I am involved with at Luther Theological Seminary in Saskatoon, is designed specifically for active, working ministers and to positively impact their parishes and context.

The specific course that I just completed was about Ethnography, AKA Qualitative Research. As we move along and the final formation of a small team of people from our parish partner with me, we will move to next steps. This will involve, with informed consent, the gathering of information and putting together a theologically, God-centered narrative about who we are as a parish. We will formulate a key question and then look to respond to it with a plan or project moving forward.

If you want to hear about a specific example of this, speak to anyone from St. Andrew in Sidney about “The Gratitude Project.” The Rev. Dr. Eric Partridge led them into this project as he did the same course material. Eric has just finished the same course with the same college. It has transformed how they practice pastoral care. Ours will be in a different area of parish life still to be determined. Please keep me and our parish in your prayers as I am sure you already do.

### **Clergy Conference 2019:**

This is much more than a “vacation”, a rest or a time to simply shoot the breeze with colleagues. Most of the days have a very full agenda. We are in fact invited to include a certain level of self-care, breathe, relax and prayer time. Clergy do hang out together and inevitably we “talk church” nonstop. It is a tremendous time of idea sharing and of looking for ways

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*“We then had a fun and profound time of questions and answers with our bishop, Logan.”*

to support each other and for parishes to work together.

One full day was focused on a workshop called “The Village Exercise” offered by Kathi Camilleri and a co-presenter. It is difficult in a few words to do it justice. I am happy to discuss it further with anyone who has done it or is keen to know more about it. In summary it is an exercise of creating a village as it would have been pre-settler in this part of the world and then walking through, in role play, what colonisation was like and the impact that it had on the entire village.

On another day we heard a strong and effective presentation on Transforming Futures by a lay person and co-chair of TF Diocesan Team, Walter Stewart from Haro Region, Mayne Island. TF is our diocesan initiative to fund major transformative ministry projects, concept and dreams in the life of our parishes and with partners. We as clergy were invited and challenged to look at our own participation and call within this. I will only ask or invite you to take part in things that I believe in and participate in myself.

We then had a fun and profound time of questions and answers with our bishop, Logan. He was open and forthright with any and all questions. He deferred to others when he needed help in answering for any reason. We are blessed with Bishop Logan who cares deeply for parishes and for all of us lay and ordained.

I look forward to the rest of 2019 and beyond. I am honored and in awe as we worship together and as we live out being disciples; believers, seekers and givers together today and always!

*The Rev. Lon Towstego*

## Recipe Page

### Sticky Baked Chicken

This recipe of **Catherine (Anne) Wing's** was submitted by **Susan Pullan**

#### Sauce

- 1 cup peach jam
- 1/4 cup ketchup
- 1/4 cup barbeque sauce
- 1/2 cup chopped onion
- 2 tbsp soy sauce

#### Chicken pieces

Combine sauce ingredients in a saucepan and heat until blended.

Place chicken in a shallow 9”x 13” casserole and pour sauce over all chicken and bake at 325 degrees for 1 hour basting during last half hour.





*“Lynn says she got involved through marriage!”*



In 2010 Lynn was one of a team of eight traveling to Haiti as a volunteer for Hope Home which is part of FCH, the Foundation for the Children of Haiti, a Christian mission.

Gladys Thomas, who lives in Haiti, is the founder and President of FCH which began 38 years ago and continues to change lives through its children's residences, schools and hospitals. Gladys has a nursing background and won a humanitarian award in 2016.

Lynn says she got involved through marriage! Her son, Wade, married Karen, whose mother, Judith, has a background working with people suffering from brain injuries and is President of CFCH, Canadian Foundation for the Children of Haiti. Lynn and Len began their involvement volunteering with the mission, by going to packing day in Victoria. They packed supplies bound for Haiti and met other volunteers who were going on team. The supplies were going to Hope Home, which is a home for young people with disabilities. Lynn didn't think she would be useful there, as she had no experience in this area. Then she heard Gladys Thomas give a talk about the work and after meeting her, she decided she wanted to go.

Flying to Haiti isn't easy. It takes 24 hours but a bigger concern for Lynn was the heat and the importance of pacing yourself. The team are prepared well, before leaving. The Mission's emphasis is to walk alongside people and to remember that you are going into their home. Lynn was impressed when she learned that 99% of the funds raised go to Haiti. There is no waste. The buildings are well built, and none collapsed in the earthquake.

Gladys was visiting the State hospital and saw the children and young adults with disabilities lying on the cement floor in the abandoned children's room. She said, "None of God's children should be treated like this," and that is how Hope Home began. It now

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## Lynn Fallan's Ministry in Haiti *continued*



accommodates 25, aged from 5 – 36 years old. There are four rooms with five – eight sharing a room depending on family grouping. The rooms have new drapes, new sheets, comfortable furnishings and attractive colors. The team supports the residents and helps them to have quality of life.

At first all the young people lay in bed all day but now the team brings wheelchairs, both manual and power, and a big part of volunteering is fixing and repairing. Pierre, one of the residents, has been at Hope House since he was four years old and now, he is in his 20s. He is named 'The Statesman,' or 'The Mayor,' and he takes care of the younger kids and checks out volunteers! One boy had strength in his legs and one arm, so an 18-year old volunteer adjusted a skateboard, to support him. The young boy had a look of pure joy and freedom on his face as he zoomed up and down the halls! Since 2010 Lynn has returned to Haiti twice and has become the organizer, seeing the clothes each child needs and choosing appropriate toys that stimulate them. She helps them arrange their rooms with the things she has brought. She speaks French and is able to communicate with the house Mums, whom the kids all call Mum. She relates well to the children. One little boy was non-verbal, but she didn't realize because his eyes and smile were talking to her!

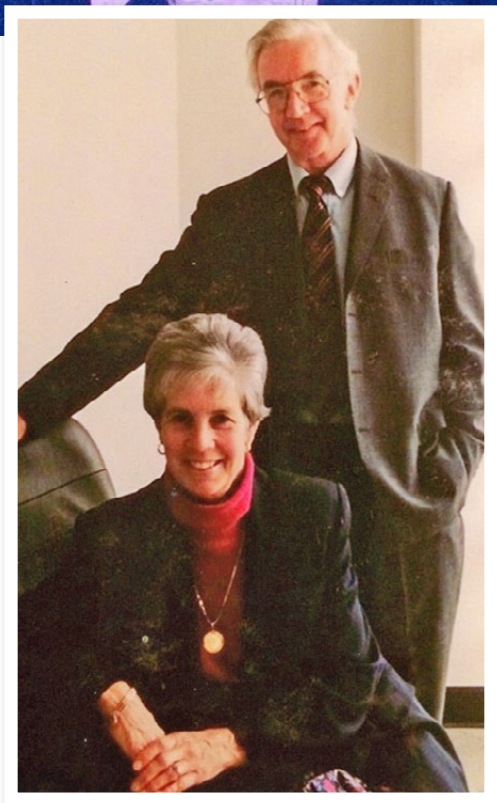


Lynn has learned the importance of flexibility and humor and acknowledging it's a different culture. She says that the team has fun, laughs, prays daily, has hard times and gets tired! One thing that surprised her when she arrived was that Haiti is noticeably Christian with slogans and Bible verses on the buses and taxis. Given that there is a prevalent class structure, volunteers are often asked "Why are you doing this for these people?"

Lynn has wanted to do Mission work since High school and feels strongly that God has put this in her lap. She adds: "I wish I'd known about it 15 years ago!"

Breaking news: Lynn has just heard that the travel advisory to Haiti has been lifted and she will be returning there on June 19th for ten days.

*Horse Woman Extraordinaire*



Jill was born in Vancouver in 1941 to English parents. Her father Basil (Nip) Parker was Senior Master at St. George’s School for Boys in Vancouver and an avid sportsman. Sadly, he lost a leg in WWII. Jill said it was very wise of her mother to get him up on a horse. He not only took up riding but began to play polo at which he excelled for the rest of his life.

Her mother, Margot Parker, also loved riding, and competed at the highest (Olympic) level of dressage, so it was not surprising that Jill became involved in riding as a young child. She began riding at age five and was playing polo by the time she was 12. “I basically grew up on a horse.”

She loved daredevil challenges and by the age of 14 was standing up on her pony and going over small jumps. She fell off countless times while trying to master the skill. “Just for fun” she would gallop under a tree, grab a branch and jump off, letting her pony go on without her, “like in the movies.” Jill said that when riders become very competent in riding it leads to the wonderful feeling of the horse becoming an elongation of one’s own body—a very powerful thing.

She first met Tony on the polo field when he was 24 and she was just 12. He was born in England, educated at an English “Public” School and came to Canada in 1953. They didn’t really notice each other at the time but continued to cross paths and discovered that they had much in common. Tony loved his horses and was obsessed with polo as was most of her family.

Jill’s parents moved to the Saanich Peninsula in 1962 and Jill went off to England to marry Tony. Jill’s mother discovered that dressage wasn’t done on the Island and riders began asking her for lessons. She was very humble and felt she couldn’t charge a fee but gradually with her lesson’s riders became organized and dressage clubs began to spring up all over the Island. Margot was awarded a medal by the head office of CADORA in Ottawa for her work, but she returned it feeling it was not warranted!

Jill and Tony stayed in England for over two years, first renting part of an old rectory near Midhurst, Sussex where Tony played polo at Cowdray Park Polo Club where the Royals often play. Jill loved exercising his horses on the South Downs, one of the most exhilarating places to ride, “just the best, with Primroses, Poppies and Buttercups all over the hills and with unsurpassed views.”

They were able to keep their own horses, but the one big drawback was Tony having to spend four hours a day commuting to and from London. In winters when they were back in London Jill zipped around in their red TR3 sports car and just for a challenge

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## Parishioner Profile *continued*



deliberately drove around Piccadilly Circus in rush hour. Tony worked for a firm importing lumber and Jill worked for a dentist on Harley Street.

They lived in Albert Hall Mansions, which sounds quite grand, but it was on the top floor in the servant's quarters. She remembers having to take a very shaky, rickety old elevator run by a Porter. They could look down from their flat to see Sir Malcolm Sargent arriving at the Albert Hall to conduct The Proms.

They came back to Canada in 1964 after Sally was born and lived in Vancouver briefly. After Nigel was born in 1965, they moved to the Saanich Peninsula and rented Norma Sealey's cottage for \$75 a month. Tony took a job at Butler Brothers, buying and selling lumber and his daily commute was ten minutes, a vast contrast to the previous four hours, and they were able to keep their own horses, this time at Hovey Down Farm where Jill's parents lived.

In 1967 they built their house, on the top six acres of Hovey Down Farm. They hired Mike Abbott and Tim Hives to do the construction and became good friends with them and their wives Diana and Penny. They moved into "Wicklunds" in 1968. They couldn't afford a landscaper, so Jill began creating their gardens while Tony put up fences and outbuildings. Their barn was built in 1976 after Jill's grandmother left her a small legacy.

Both children were involved in the Pony Club. Nigel and Tim Wait were the only two boys amongst many girls and had the girls doing most of their chores. Nigel lives in Duncan, is a copywriter and works in advertising. He and his wife also own Chocolate Pearl, an artisan chocolate shop. They have two boys, Spencer and Austin. Sally has lived in Paris for thirty years, first working as an au pair and now teaches ESL at the Sorbonne. She has two boys, Alex and Julien.

The family's social life centered around polo and riding. Jill's father, brother, great uncle and son all played polo. In order to afford the cost, they kept their own horses and boarded a few. At one time they cared for nine horses.

Jill played Polo, but her greatest love was show jumping and horse trials (eventing). When I asked her if this was scary, she said it was petrifying but there was nothing greater than the "high" getting over the last fence without a fall.

The love of competing was so strong that she and friends sometimes drove six horses in their horse truck to competitions. Once the horses were stabled, they swept the floor of the truck and slept in sleeping bags often on cold, rainy nights.

Jill won scores of ribbons over the years but had her best competitions with her favourite horse Moonstone, "a lovely grey thoroughbred mare." Jill was in her mid-sixties when she won so often competing against much

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## Parishioner Profile *continued*



younger riders, that she was “bumped up to a higher level.” She had several falls, breaking a few ribs that caused a lot of pain in her back and “decided enough was enough”.

Moonstone had cancerous melanomas and it was with a broken heart Jill had to have her euthanised. She is buried in a part of the pasture that Jill can see from all the rooms on the North side of the house.

Jill began judging competitions in 1975, judging hunter, jumping, dressage, eventing and equitation. This took her all over North America from Alaska to Florida including North American Championships. She has judged St. Stephen’s parishioner Nichola Wade a few times.

One of her most memorable competitions was at the Montreal Olympics in 1976 where she was the judge at one of the jumps in the “Three Day Event” (horse trials) division. It was pouring rain, so the track was muddy, deep and slippery. There were about forty competitors. There was only one incident where Jill was judging when the rider’s horse slipped and “breasted” the top rail and flipped the rider off for a very bad fall. The rider was stunned and stayed down for several minutes before getting up and remounting. It was none other than Princess Anne. Jill was impressed that she was determined enough to complete the rest of the course.

Tony was known to have a knack for communicating with horses that was very special. I would say that Jill is no slouch either. When I visited her lovely home to interview her for this article, she took me out to the barn to meet Tony’s old Polo pony named Gus. He nuzzled her face, clearly a horse kiss. Jill explained how she trained her horses to do this by feeding them a carrot held in her teeth, and shortening it until they were face to face, eventually the “kiss” becoming a favorite habit. She decided that I should not put a picture of her doing that in the article!

Speaking of pictures, in most rooms in her house, there are pictures and paintings of horses, and of family members in Polo gear, riding and jumping. Her home is full of memorabilia, with a couple of walls devoted to

literally hundreds of ribbons won at horse shows over the years. She displays some of the pictures on unique, antique wooden dressers carved by her maternal grandfather.

Life became difficult for Jill when Tony developed a form of disequilibrium and dementia. She cared for him at home as long as she could manage. He was placed at the Saanich Peninsula Hospital where he remained for three years. Nigel was very close to his father and visited as frequently as he could. Tony made it clear before he died in January 2018 that he didn’t want a traditional funeral. Instead he was honoured by a “Send Off” at the Polo Club where he was known as a gentleman on the field.

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Jill's family has a long connection to St. Stephen's church. Her father was an elder and involved with church activities. Her parents are buried in the cemetery and her son Nigel was baptized and married in the church. Jill also knew Rev. Ivan Futter, as she gave his daughters jumping lessons. She returned to St. Stephen's after Tony died.

She still loves living in the family home and has her beloved horse and Becky, her little Cairn "terror" (terrier) to keep her company. As I left, I commented on the purple streaks in her hair. Jill said "I could never have done that when my mother or Tony were around. They were far too "old school English." So, she now has time to explore her wild side!

## St. Matthew's Community Library, Ethiopia by Roger Kay

**Roger Kay** is  
the Chaplain in  
Addis Ababa

*"I would  
never have  
got to  
university  
without the  
library."*

**T**he library continues to prosper with up to 200 kids coming each day. The Church Council decided last Saturday to connect the six computers in the Library to the internet so kids can do research. We think this will cost about \$US1,000 a year and with current levels of support we should be able to manage this. We have two lovely Christian librarians who see their role as a ministry and not just a job, for which we are thankful. With their support we have been able to run several fun days on Saturday with games, refreshments and a Christian talk. These have been well attended, and we trust the Lord will use them for his glory. Please pass on our thanks to people for their support of this project. It makes a huge difference in the lives of many young people. Past students have said things like "St Matthew's taught me to study" and "I would never have got to university without the library".

*Three past students of the library were asked to write how the library had helped them. These are their stories.*

My name is **Surafel Mekonnen**. I have been a member of St Matthew's Church Library from 2007 – 2010. At that time, I was grade ten and didn't have a good quality library around. Of course, there was a school library with limited time of usage, almost no reference books and above all a bad environment for study. Then I met some friends who use St Matthew's Library and really excited about the place and the available books that the library provides. And they told me that I can be a part of it, and I joined immediately. From that time on my life shifted to a better place, with the access to St Matthew's Library books and computers I was able to explore my potential at that age.

In my four years in St Matthew's Library I have made friends, mentors, business partners and a family with the workers and users of the library. The other thing was that I got the opportunity to communicate and share experience with foreign students who came every summer and showed us the other side of the world.

After I finished my entrance exam, I was able to join Addis Ababa Institute of Technology University along with ten of my St Matthew's Library friends. And then I studied Civil and Environmental Engineering in 2014. After that, for the first six

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## St. Matthew's Community Library, Ethiopia *continued*

months as a fresh graduate I worked in two companies' side by side. Then I decided to start my master's degree in transport and road engineering in Addis Ababa Institute of Technology University. And at the same time, I started my masters I opened my own construction company with my friends, one which is from St Matthew's Library. And now my company is rising and make a better future.

And you, the founders of the library, who made St Matthew's Library be functional, I thank you for the environment you have created for me and for the other students. That make my life to be a successful one. God bless you!

My name is **Blen Aynetsehay**. I was a member of the St Matthew's Community Library in 2010. I started to come here when I was grade 12 and it helped me to prepare myself for entrance exam. At that time when I was in grade 12 there was no library around my home. Of course, there was a school library, with not sufficient books and no light which wasn't good to study. Besides this all it works till 5:30pm and two hours wasn't enough for study. St Matthew's gave me the opportunity to study till 8pm which was so great.

In addition to this 'enough time opportunity', the supply of reference books were more than enough. The memory of studying here is still amazing. The silence, the safety of our bags and property. I can't express in words and I believe that this library has biggest role in my success.

I graduate in Civil Engineering from Adama University, now am working in private company. Finally, I'm so blessed to have a chance to thank the founders of this great library. Since we are in one of developing countries, there are so many children who don't have a place to study, and I can tell that the future of many children rely on it. Keep up your good work. I'm so thankful for everything. God bless you!

My name is **Daniel Bekele**, I have been a member of this library since 2005 – 2010. I was grade eight then and spent most of my time here reading, playing and sharing experiences with my peers. I met great persons and lifelong friends. Without any exclamation this library was the greatest thing that ever happened to my childhood. When I think of my childhood memories back in time, I end up here all the time.

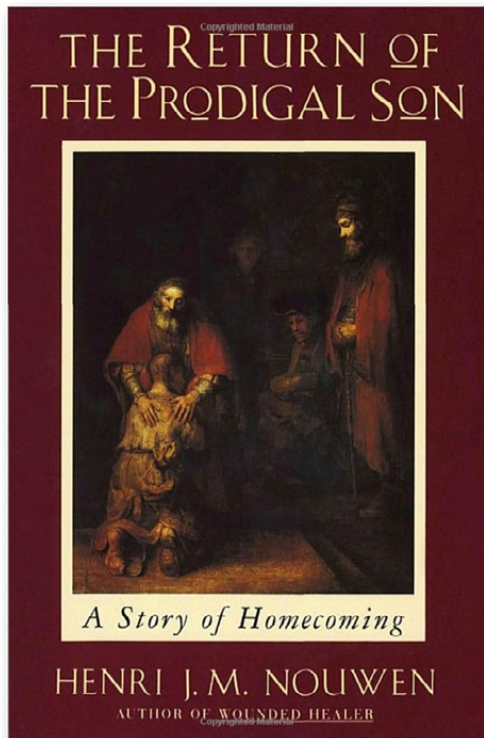
Now I am a graduate engineer from Addis Ababa Institute of Technology and am working on my masters there too. To your surprise, with a friend I met here, I am working on private business in construction.

Generally, without this library I wouldn't have made it so far, because I have seen so many along the way who didn't use their life wisely. So I'm glad to be a member of such a big family. I wish I could tell you all the things (funny, memorable things) but even time won't be enough.



## The Return of the Prodigal Son

by Henri J M Nouwen



I read this book several years ago, but it is one of my favourite spiritual books. It is a classic and a “must-read” for all Christians (in my humble opinion). Nouwen, at an exhausted, anxious, lonely time of his life encounters a poster of Rembrandt’s painting, “The Return of the Prodigal Son.” Nouwen describes his reaction:

“My heart leapt when I saw it. After my long self-exposing journey, the tender embrace of father and son expressed everything I desired at that moment. I was, indeed, the son exhausted from long travels; I wanted to be embraced; I was looking for a home where I could feel safe. For so long I had been going from place to place confronting, beseeching, admonishing and consoling. Now I desired only to rest safely in a place where I could feel a sense of belonging, a place where I could feel at home.” (p.4)

It was a significant encounter resulting eventually in Nouwen quitting his teaching position at Harvard to explore whether he had a call to live a life with mentally handicapped people in one of the L’Arche communities. The call to come home illustrated in Rembrandt’s painting was a call for Nouwen in his own life. It led to a remarkable spiritual journey with Rembrandt as his guide.

If I had to choose one story from the Bible it would be the story of the prodigal son because Jesus tells us this story to show what God is like, what his love is like. Reading Nouwen’s book deepened the truth of this parable for me. The book is divided into three parts: the younger son, the elder son and the father. Nouwen sees himself in all three roles and invites the reader to recognize where they, too might fit within the parable. And what I found fascinating as well, Nouwen describes Rembrandt’s stages of the wild younger son, the elder son, until finally, in his old age he paints himself in this painting as the father. This book is about Nouwen’s journey, Rembrandt’s journey and our journey to find our self at home with the Father, with God. Home where God calls us “Beloved”. Not just that: there is the call to be like the Father, to be the welcoming, all embracing presence.

I prayed with this book for about 18 months as I worked through an unforgiveness towards someone. I very much needed to see myself in the place of the elder son during that time. But God did the work of forgiveness in me through this book.

And as you know I developed a prayer series using this book. Many of you came to it several years ago. Finally, a few years ago, Bob and I went on a Baltic cruise and we visited The Hermitage in St. Petersburg where we saw the original painting.

**I**t is my pleasure to announce that we have been selected to accept a postulant for diaconate\*.

Consistent with our Parish theme to be Learners, some in our midst have also become educators. Recently, we have been blessed with amazing folk like Barb Baillie who just led the Caring Community Workshop, Cathy Quicke facilitating a study of the Book of Acts this week, and Fern and Mark Perkins, Métis Educators presenting around the community.

Our wider diocesan church recognizes this and therefore the Director of Deacons, the Rev. Nancy Ford and our Bishop Logan McMenamie have asked me to accept a postulant for diaconate, Trish Stock for an internship. These are usually nine months to a year in length.

I am excited as I and very importantly we come along side Trish to help her on her special educational journey towards becoming a Vocational Deacon.

Trish will officially start with us June 9. We may see her and her husband Ken earlier in our worship gatherings, perhaps as early as May 19. For more information about Trish, please review her abbreviated biography that is attached below.

Please join me in welcoming Trish and her family into our church family and community.

*\*The candidate retains postulant status throughout seminary, until ordination to the transitional diaconate takes place. The postulant, who will not pursue ordination into the priesthood, is ordained into the vocational diaconate.*

## *Biography of Trish Vollmann Stock*

My name is Trish Vollmann Stock. I am a second-generation settler from paternal roots that were refugees from Crimea, who were German Ukrainians from Russia arriving in Macklin SK and maternal roots from Glasgow Scotland arriving in Brandon MB.

I grew up in Maple Ridge BC which is the Katzie territories. I moved to Vancouver Island in 2006 met my husband Ken in 2009 and we married in 2012. We live with our beloved chihuahua Jimmy in Duncan BC.

We have attended St Christopher/St Aiden's in Lake Cowichan and St John the Baptist in Duncan BC. I have volunteered in many capacities at the church through the years. I most recently was a warden and synod delegate. I am on the "We together" committee and the "Reconciliation and Beyond." Team.

I am a postulant to the diaconate and my passions are working with food security, poverty reduction and decolonization.

I retired in September 2018 after a long and wonderful career with Canada Post. I love doing new things and meeting people and have developed deep and lasting friendships and I love easily. I attended university full time upon my retirement and enjoyed learning. Learning is a passion of mine. I enjoy writing poetry and going on long walks and hikes.

I am the mother of two daughters, grandmother of twin daughters.





I heard today  
Of a decrepit native woman  
Who walked mile after mile  
Under the blistering sun  
To bring a small gift of embroidery  
To the missionary she deeply loved.  
Hour after hour she trudged over rough, rugged roads  
Clutching tightly her small gift.  
Her weary body sagged  
Her vision blurred  
Her bare feet bled from the jagged rocks.

Grateful but overwhelmed  
The missionary wept.  
The trembling old woman spoke softly:  
“Please understand.  
*The walk is part of the gift.*”

My Lord  
My commitment to you is for life.  
I give myself to you unreservedly  
To do with me as you please.  
But may I not forget  
That the tears, the fears  
The strain and the pain  
The sunless days  
The starless nights  
Are all a part of the whole.  
In my total commitment  
I give full consent:  
*The walk is part of the gift.”*

*Submitted by Lynda Clifford*



*“Did you  
know that  
we have  
song writers  
in our  
Parish?”*

## *Song Writers*

**I**n conversation with a friend or acquaintance, have you ever found yourselves talking about songs and song writers? Perhaps you have casually mentioned the name of someone who has written one or more songs and your companion, in amazement, exclaims, “you know a song writer?”

Some of us think that a song writer is no different from anyone else except that he/she writes songs. Others can’t imagine how talented and gifted a song writer must be and thinks of him/her being a notch or two above the ordinary and definitely special.

Special? yes; a song writer is special but each one of us is. We are each uniquely created in God’s image and possess a great variety of gifts. God gives gifts of new songs and we have the privilege of enjoying the results.

Did you know that we have song writers in our Parish? I remember hearing a song in one of our joint services written and sung by Gary Moss which was a response to a sermon by Rob Szo.

A few months ago, Greg Robinson shared a song he had written with Bob and me. It is a response to the song, ‘My Way’. The lyrics were good but, Greg wanted it to be a song the congregation could sing, and the tune was a bit complicated for that. I was able to come up with a new tune and it was fun to put it together. The project might have ended there but you may soon have a chance to hear our collaboration and sing it too.

Although I have written songs alone, my favorite memory of song writing took place in Spring 1989 when Bob and I wrote a song together even before we were engaged to be married. You will likely hear that one this summer too. If others of you have written songs and I haven’t mentioned them, I’m sorry that I didn’t know about them. Why don’t you show them to me?

Let’s give thanks for new songs and for the people who write them.

“But I like the old songs”, you may say. So do I. Just remember that when John Newton wrote Amazing Grace and Fanny Crosby wrote To God Be the Glory, they were new songs. The good ones will last and become “old ones”. Meanwhile, we can try the new ones too.

Pray along with me that this gift of song writing may be released and expressed in richness among us.

## Castle of the Soul

by Liam Lawton  
and Tony Alonso



In 1577, St. Teresa of Avila, a Spanish Carmelite nun and mystic wrote “The Interior Castle” or “Mansions”. In it she describes the soul as a castle, a precious jewel with seven mansions. Each mansion is a level to final union with God. The “Interior Castle” and different writings from a number of other Christian mystics are the inspiration behind “Castle of the Soul”. Singer-song writers, Liam Lawton and Tony Alonso offer this CD as an invitation to journey into the castle with them.

It is a beautiful journey of music peaceful and soft; songs for quiet afternoons, sunny corners and windy grey days. The music is to contemplate with, for quietude and prayer.

The CD starts out with a lovely rendition of Kyrie Eleison, followed by music written in response to St. Teresa’s vision of the soul journey. Most of the songs are original, along with a few liturgical pieces. The many voices of the choir are set to instrumentals of wind and string, including English horn, mandolin, guitar and piano.

Liam Lawton is an award-winning multi-platinum Irish singer-songwriter and R.C. priest. His song “The Clouds Veil” written in response to the tragedy of the World Trade Centre was embraced universally by people of all faiths. Notable celebrities such as Gregory Peck, Joan Cusack and John Malkovich have officiated at his orchestral premieres. Tony Alonso, a theologian and composer, is a Cuban American R.C and a professor of theology who embraces intercultural music. He has a penchant for strong ritual song.

The final cut on the album, also inspired by St. Teresa includes the beautiful refrain:

Christ has no body now but yours,  
no hands, no feet on earth but yours.  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now but yours.

Castle of the Soul is perfect music for calming and centering. Well worth the price of \$16.84 plus shipping, this CD full of comfort is available on Amazon.

*\* I note that on the U.S. amazon.com, more copies of the duo’s 2015 album “Pilgrim” will be available at the end of May. Hopefully it will be offered on Canadian Amazon soon. Also, a very special thanks to the Baillies for introducing me to this music.*



We have been so fortunate to enjoy a wonderful spring in this part of the country while other places are dealing with cold temperatures, rain and flooding. But before we were able to have such warm welcoming temperatures and sunshine, we did endure a nasty February and early March. However, it didn't seem to dampen the enthusiasm for attendance at a number of events that happened in our busy Parish. Some of these are outlined below.

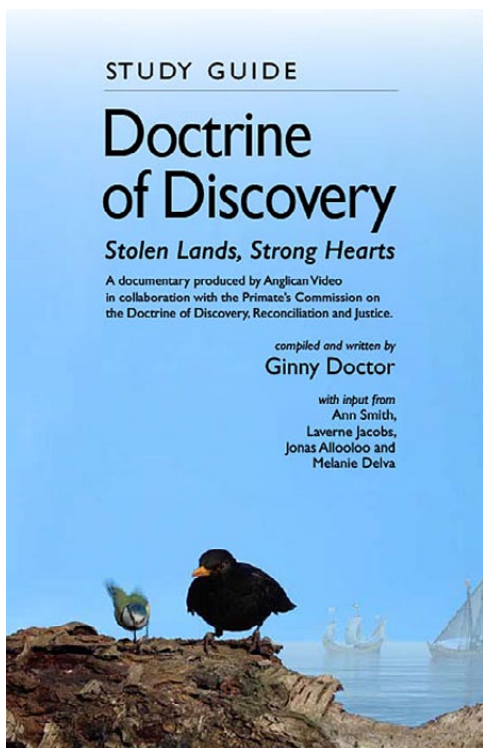
The Spaghetti Dinner, an annual event where the Saanichton Village Association offers a wonderful dinner, complete with musical entertainment, was enjoyed by members of the community in return for using the facilities at St. Mary. Not only that, but the \$1,000 netted from the sale of tickets for this popular event was given to St. Mary. It's all about the community giving back! This used to take place in November but was changed to March, a less busy time for the SVA and St. Mary. Just one of the many well-attended events held post-Christmas.

A well-attended CPR course was held on Sat March 30 in Cooper Hall, St. Mary. 18 people from both churches spent three hours learning from **Rob** and **Anthony**, firemen from the Central Saanich Fire Department, not only about CPR but also about the use of the AED. Opportunities for practicing how to help a choking victim as well as practicing CPR on dummies were included. This free course is just an example of how the community and the church are connected in providing important outreach services. During the afternoon event, Rob and Anthony had to leave twice to answer brush fire calls. The first time they returned within 15 minutes but the second time they were longer. To the rescue came **Linda Van Der Kamp**! Linda and her husband, **Garth** recently became members of St. Mary's church. Linda just happens to teach first aid and CPR on a regular basis, so her teaching and skills were definitely up to date. Garth contacted Linda and she came to St. Mary PDQ and continued the teaching until Rob and Anthony returned! Talk about filling in a gap. Well done Linda. It was very much appreciated! Thank you for coming to the rescue!

Not to be outdone by the St. Mary's group, a second CPR course, arranged by **Lynda Clifford**, was taught to the Youth Group at St. Stephen on the Friday night. Members of the Fire Department provided this course again and from what I've heard, the young people took the course very seriously, practicing and making sure they knew what to do in an emergency. Well done! And thanks to **Lynda**, **Brett** and **Catherine** for organizing it!

On a rainy day in April, **Fern** and **Mark Perkins** held the second in a series of talks on Indigenous history at Holy Trinity Church. An attentive group of about 50 parishioners and interested members from





STUDY GUIDE

# Doctrines of Discovery

*Stolen Lands, Strong Hearts*

A documentary produced by Anglican Video  
in collaboration with the Primate's Commission on  
the Doctrine of Discovery, Reconciliation and Justice.

compiled and written by  
**Ginny Doctor**

with input from  
Ann Smith,  
Laverne Jacobs,  
Jonas Allooooloo and  
Melanie Delva

the community watched 20 minutes of a one-hour video, entitled 'Doctrine of Discovery; Stolen Lands, Strong Hearts'. This documentary film was produced by the Anglican Church's Commission on Truth and Reconciliation. It was created in response to the 94 calls to action and helps to provide education and insight into the Indigenous racist foundations of many of the native property and other laws still in existence to this day. It certainly provides a clear picture of just how far we have come to reconciling today's relations with Indigenous peoples. There is a write up about this documentary in the May issue of the Anglican Journal. The Anglican Church of Canada is, in fact, doing a great deal towards helping to clarify and right the wrongs that have been going on for years. The National Council of Truth and Reconciliation, an Indigenous document, was commissioned by the federal government. The Anglican church produced the documentary in response to those 94 calls to truth and reconciliation outlined in the Indigenous document.

Along with her talk, Fern showed a series of five books she recently purchased through the Canadian Geographic Indigenous Peoples Atlas of Canada. Each book presents a topic related to Indigenous life and history. Following the talk, Holy Trinity provided those present with a wonderful hot meal with apple pie and ice cream for dessert! How good is THAT? We owe a great deal of gratitude to **Thea Dickson** of Holy Trinity who organizes these talks, with more to come. Do plan to attend at least one when they become available. They will open your eyes. Fern teaches much of what she tells us in these talks, to schools here locally.

And on Saturday May 11, **Fern** and **Mark Perkins** met with a few interested community people at the Ross Bay Cemetery. As they toured the cemetery, they were given a lesson on Metis History. Donations went to the Old Cemeteries Society. Another one is scheduled for June 23rd, so you may want to mark your calendars for that one. If parking is a concern, talk to Fern as she knows an area close by that is free. Fern Perkins is the great great granddaughter of an Anishinaabé woman, Isabella Mainville and Charles Ross, Scottish Fur trader, parents of the first Métis family in Fort Victoria. Mark is Métis and is the great great grandson of Peter Skene Ogden (Ogden Point).

**Good Friday – Stations of the Cross:** The weather cooperated for this annual community event, celebrated in unity with the Our Lady of the Assumption and St. Elizabeth Roman Catholic churches with whom our Anglican Parish of Central Saanich, is in covenant. About 100 parishioners and members of the community walked the two km distance commencing at the Lych Gate at St. Stephen to Our Lady of Assumption on West Saanich Road. Our thanks to Bob Quicke, who drove his car at the end of the procession, and to Dianna Abbott and



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**Terry Hartley** who made sure the walkers were kept safe from traffic on Mt Newton and West Saanich Roads. **Reverend Lon Towstego**, who led the procession, gave a short homily at Our Lady of Assumption. Thank You to the 14 readers and cross bearers and to **Bob Quicke** who made the 14 stations. It really was a community event.

**Tour of Christ Church Cathedral:** It was a perfect afternoon to enjoy a tour of Christ Church Cathedral. And that's exactly what over 20 parishioners from both churches did on Sunday March 31st. It was followed by afternoon tea provided by Cathedral volunteers and then the evensong with Rev. Lon giving the homily. A photo was taken by **Ian Stuart** of the group after the tour. Some of the group enjoyed supper afterwards at Romeo's in Broadmead Mall. And then, to add to the celebrations, **Cathy and Bob Quicke's** shiny new bright red Nissan electric car was blessed by Rev Lon in the Broadmead Parking lot! It doesn't get much better than that!



Forty-eight parishioners' broke bread together and enjoyed a Potluck Dinner at St. Mary's church on Saturday April 27. New connections were made, and old connections were strengthened while a delicious variety of dishes was shared among friends. This first in what will become a number of such gatherings was organized by **Karen McColm** and it certainly was a success. With people bringing not only food but also their own dishes and cutlery, clean up was kept to a minimum. Well done Karen. Good company and good food combined to make this a very pleasant evening. We understand the next one will be held at St. Stephen on Saturday June 29 and will be organized by **Lynda Clifford**. Mark your calendar!



A Caring Community Workshop, facilitated by **Barb Baillie**, was held at St. Mary on Saturday May 4. Nineteen parishioners attended. This workshop explored our own negative and positive experiences when it came to having the necessary skills to be able to provide support to individuals in times of need.

The planning stages for a third Peninsula Wine Fest to be held on the grounds of St. Stephen on Saturday August 10 are well under way. We have been fortunate to have other churches on the Peninsula, including St. Andrew's and the Roman Catholic Parish join the Planning committee. **David Stewart** and **Frank Hawboldt** are chairing this important event, where all the proceeds go to Community Outreach. Stay tuned for more news as the plans evolve. And if you'd like to become involved, speak to David Stewart.

In May, men from the Peninsula attended a men's breakfast held at St. Andrews church. Six men from our Parish, including **David Stewart**, **Bob Baillie**, **Greg Robinson**, **Bishop Logan** and **Bob Quicke** enjoyed not only some good food but also socializing. The overall attendance numbered about 29 and it was decided to try and make it a monthly event.

The menu, advertised ahead of time, certainly sounded appealing but the camaraderie, and socializing along with the good food were obviously drawing cards. Thanks, Bob, for being the instigator in this important peninsula church event.

### News from St. Stephen

St. Stephen welcomes a new family. **Ojo** and his young family have joined us. They are from Nigeria by way of China.

**Health Matters:** **Lynda Clifford** is seen to be ambulating well after her knee replacement. You simply cannot stop that woman!

**Doreen Harrison** is home again after a lengthy stay in hospital due to a broken ankle.

**Margaret Pollard** celebrates her 90th Birthday - May 11, 2019

In her own words, Margaret described the event:

“The church Hall at St. Stephen was transformed with flowers and revolving photos and a heritage table for the vintage tea party. There were 16 decorated tables for the 60 guests greeted by Eva Townsend who later gave a grace. Margaret’s daughter, **Della Garvin** was the major planner for the tea. She was ably assisted by **Diana Abbott** who kindly volunteered her time to be in charge of refreshments. **Bob Westgate** ensured the audio-visual and speaker systems were operating for the slide show of photos covering decades of Margaret’s life from her childhood in England, emigration to Canada in 1952 and onwards to the present. Other church members from St. Mary and St. Stephen helped with loaning supplies and baking. **Norma Sealy** helped us make her renowned asparagus rolls and friends helped with decorating and flower arrangements. Some of the teacups used were given to Margaret for her bridal shower 65 years ago in Port Alberni! Della was assisted by her husband **Rick Noel** and her brother, **David Pollard** with wife **Annette** who flew here from Montreal to provide much support. David acted as MC for the memorable afternoon.” It truly was an old-fashioned classy tea fit for an amazing lady who is an example of how to age gracefully. Congratulations Margaret. (Photos Available)

**Lady Di** is now back aboard her trusty steed, John Deere, mowing those “oh so straight” lines while **Gary Stubbs** continues his heroic work in keeping the environs around the hall in very good shape. **Don Wilson, Bob** and **Charlotte Nichols** are back doing their garden duties included pruning trees, weeding etc.

Soups-On hosted the final lunch on Friday 10th May after another successful season. **Diana, Terry** and **Sandra Fredrigo** have provided some very tasty soups. Delicious desserts appear from the

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talented and generous hands of several ladies. We give thanks to Almighty God for blessing this Community Outreach.

**Greg and Christine Robinson** celebrated the birth of their second great grandchild, **Felicity Grace** in late February, a sister for Easton Gregory! They reside in Upstate Washington. Nice to see Greg's name is included in Felicity's brother's name.

A well-attended Celebration of Life was held at St. Mary's church on Saturday March 23rd for **Dr Richard Harvey Wait, Sally Wait's** husband. A reception followed in the church hall. Both Sally and Richard attended St. Stephen's church. **Rector Lon Towstego** officiated at the service. Richard, a well-known physician on the Peninsula practiced gastroenterology for 30 years before retiring in 1999. Because of Dr Wait's involvement with the Saanich Peninsula Hospital before and following his retirement, the family have asked that donations be made to that hospital and its foundation.



Easter Sunday certainly was a day of celebration as the St. Stephen's service included the baptism of **Darin and Sayley, Kim and Brad's** twins, born two months premature last September. The church looked beautiful thanks to **Sharie Westgate** and her team. The celebrations continued with a reception in the church hall. Both babies are doing well now. From reliable sources we know that the babies slept through the entire service; their parents, Brad & Kim, on the other hand, are seriously sleep-deprived!

St. Stephen can now boast about their wonderful, new parking area. Apparently, the film company who used it for parking their vehicles. They were filming at Our Lady of Assumption church on West Saanich Rd. and needed a place to park all their trucks etc. However, when they were finished the filming, there was quite a mess left. So, they resurfaced the entire lot, even fixing the potholes on the road and near the church. It has never looked as good as now!

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### News from St. Mary



St. Mary hosted a Diocesan Council meeting at the end of February. In order to carry on the work of Synod (governing body of the diocese) between its sessions, the Diocesan Council meets on a regular basis. The membership of this council is determined by canon law. It is made up of elected and ex-officio members and diocesan executive staff who are non-voting, meets monthly (except during July and August) to oversee the business of the diocese. It has the powers and functions, where appropriate, of the Synod between Synods, except for those acts which are reserved to be performed by Synod itself. **Don Wilson** (St. Stephen) sits on this council.

On Sunday March 31, the congregation blessed a number of colourful bibs (adult clothing protectors) that were being donated to

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Sluggett House in Brentwood. This is an outreach offering from **Jenny Jenner** and the Craft Group with Jenny providing the material and the sewers making them into attractive bibs. Thank you, Ladies! It seems that a number of sewers are now keeping busy with various projects as they set up “shop” in Cooper Hall at St. Mary on the first and third Friday mornings each month. Various sewing machines can be heard humming away. This group used to meet in the Board room but were finding the lighting difficult and there wasn't enough room to spread out, measure and cut material. This Outreach project is becoming rather profitable with new ideas in the works. Read about the Hearts to Hands Group below!



**Willa Temple** proudly showed the group making crosses for Palm Sunday, a picture of her great grandson. **Norko Trey** looked quite relaxed, lying on a blanket she made especially for him. Congratulations Willa.

A “Joy”ful Reunion! At the April Taizé service, **Joy Hunter** enjoyed a surprise. It seems that Kimberley, a friend from Toronto was visiting another friend who lived in Sidney. As they drove past the church Sunday, Kimberly noticed the sign ‘Taizé tonight at 7pm’. She told her friend “we’re going there”, so Kimberley and her friend arrived just before 7:00. As she came into the church, she happened to see Joy standing by the door! After 20 years, the two women enjoyed a few moments of renewed friendship. Joy and Kimberley knew one another through Emmanuel Church in Richmond Hill, Ontario. Imagine their mutual surprise and delight to meet again in this way, after 20 years. God does work in mysterious ways, it seems.

Next time you're in the Cooper Hall at St. Mary check out the new way the fold up chairs are being stored! Upright instead of lying flat. Thanks to Len Fallan for designing such a simple way to make it so much easier for people putting out and returning chairs against the wall! Who knew? Thanks Len!

And in that same area beside the folded chairs and tables, there's a new cabinet (brought over from the nursery) where food staples for the hamper program can be stored. Previously, these case lots of canned and boxed products had to be stored upstairs in the organ loft. If you'd like to know more about the hamper program, you can ask Fern Perkins.

**Hearts To Hands Group:** On the First and Third Friday of each month in St. Mary's hall, beginning at 9:15 a.m. a group of dedicated women meet for a couple of hours to repurpose, renew and refresh fabric into new creations. They do small alterations by negotiation, donate their creations and make items to sell. If you are interested in joining this group or have any questions, you can contact Anne Wing at 778-426-3773.



## Around the Parish *continued*

On May 4th, **Patricia Stanlake** celebrated her 99th birthday! The previous Saturday she celebrated with friends at her home. The reason? “Just in case I don’t make it to 100”! We have no doubt Pat will be alive and well for May 4th, 2020 where we will all joyfully celebrate her centenary with her! Congratulations, Pat!

We welcome **Sharon Forster**, a new parishioner to St. Mary!

### Travels

**Barb & Bob Baillie** enjoyed a four-week holiday, touring Spain, which included a cruise to Portugal and Madeira.

**Sandra Scarth** spent a couple of weeks in London England with her sister and two granddaughters in April. It was the first time the granddaughters had ever travelled overseas. What a thrill for them to experience. Then, Sandra flew to Madeira to enjoy some needed R and R with a friend.

**Sue Rumball** was off to England with her two grandsons for a holiday the end of May. These lucky grand kids, accompanying their grandmothers overseas.

**Carol & Dennis Watkins** have been on another cruise, touring The Canary Islands, Morocco and Madeira. We’ve lost track just how many cruises they’ve been on! And we’re still trying to figure out how so many parishioners managed to go to Madeira this year!

**Terry & Rick Parent** have been on a Mediterranean cruise, returning to church, looking relaxed and sun tanned.

**Jane & Paul Hughes** spent Easter in the Mediterranean.

**Brett Cane** started out on his major annual trip (99 days) on April 20 and will no doubt have more stories and slide shows to share in the Fall!

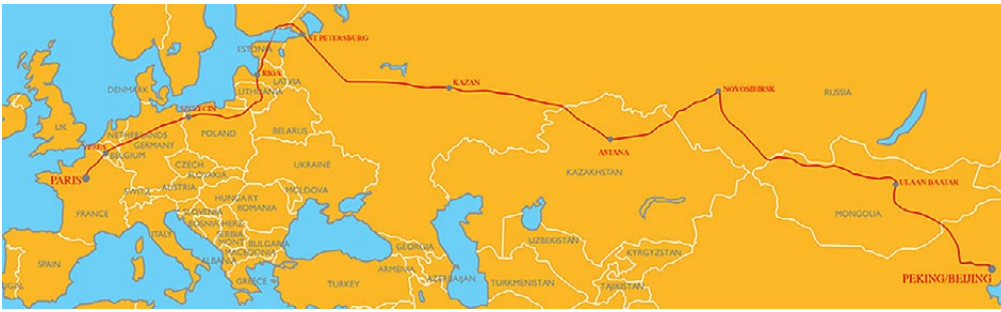
**Len & Lynn Fallan** along with **Geri Hinton & David Cooper** spent time in Qualicum in early March with a visit to the former parishioners, **Sue & John Smith**, where they participated in the Smith’s “annual” wine tasting social! Lynn is getting ready, at the time of publication, for her annual trip to Haiti, that will hopefully take place the end of June. Joy Hunter has written an article elsewhere in ConneXion about this important outreach project that is close to Lynn’s heart.

**Irene & Keith Feir** enjoyed a relaxing holiday on a cruise in late April. Irene told Keith that they had better go NOW before they would have to be wheeled on!



Scenes from the Watkins’ holiday:  
Top, Mosque in Casablanca; Above, Madeira

# Around the Parish *continued*



**John Beresford** has just left on the 36 day Peking to Paris Motor Challenge. As mentioned in ConneXion 29, John, joined by his brother Chris and 109 other teams, will travel through China, Mongolia, Russia, Finland, the Baltic states and then Western Europe to end the

## Drive for Deirdre



Rally in Paris on July 7. You can follow their progress at:  
<https://drivefordeirdre.blog>

The team has chosen to support the Arthritis Society in memory of John's late wife Deirdre who passed away from complications due to the disease. More information about this aspect of their adventure can be found at:

<http://arthritis.ca/hostyourown/DriveForDeirdre>

# Anglican Parish of Central Saanich Directory

**Pastor: Rev. Lon Towstego** 250-208-9949 [ltowstego@bc.anglican.ca](mailto:ltowstego@bc.anglican.ca)

**Parish Council: Ex Officio**

**Rev. Lon Towstego**

**Rector's Wardens:** St. Mary  
St. Stephen

**Ian Stuart** (St. Mary) [istuart1@mac.com](mailto:istuart1@mac.com)  
**Greg Robinson** (St. Stephen), [gregoryrobinson@shaw.ca](mailto:gregoryrobinson@shaw.ca)

**People's Wardens:** St. Mary  
St. Stephen

**Derek Osman**, [derek.osman@shaw.ca](mailto:derek.osman@shaw.ca)  
**Lynda Clifford**, [lgcliff@shaw.ca](mailto:lgcliff@shaw.ca)

**Members:** St. Mary  
St. Stephen

**Karen McColm, Ken Pedlow**  
**Allan Carlson, Terry Hartley**

**Synod Delegates:** St. Mary  
St. Stephen

**David Stewart, Ken Pedlow (alt)**  
**Don Wilson, Sandra Scarth, Greg Robinson (alt)**

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### Rev. Lon Towstego's Schedule

Tuesday's at St. Mary Church (250) 652-1611  
Friday's at St. Stephen Church (250) 652-4311  
Wednesday's, Thursday's: Communion, Study and Parish Visits.

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**Leslie Pedlow** is at the St. Mary's office on Tuesdays, Wednesdays and Thursdays from 8:30 to 12:30

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**Bob Quicke** is at the St. Stephen's office on Tuesdays and Thursdays from 9:00 to 1:00 and on Fridays from 9:00 to 2:00

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